
Improving child nutrition is the focal point of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), Public Law 111-296. The legislation authorizes funding and sets policy for the United States Department of Agriculture's core child nutrition programs: the National School Lunch Program; the School Breakfast Program; the Special Supplemental Nutrition Program for Women, Infants and Children (WIC); the Summer Food Service Program; and the Child and Adult Care Food Program (CACFP). The HHFKA allows the United States Department of Agriculture (USDA) an opportunity to make real reforms to the school lunch and breakfast programs by strengthening the critical nutrition and hunger safety net for millions of children.

Section 221 of the HHFKA addresses nutrition and wellness goals for meals served through CACFP, and calls for technical assistance to be provided to participating CACFP institutions and family or group day care homes to meet the nutrition requirements and wellness recommendations. The USDA and the U.S. Department of Health and Human Services (HHS) worked together to develop this technical assistance handbook that includes recommendations, guidelines, and best practices that are consistent with USDA and HHS recommendations and requirements for nutrition, active play, screen time, and wellness. USDA and HHS encourage all CACFP providers to help youth adopt healthy eating and active play behaviors to curb the increasing rate of overweight, and prepare children, particularly young children ages 2 through 5 years old, to attain their educational potential.

This handbook is a first step in assisting providers to make changes in their child care policies and practices that will impact children in their care. These positive changes are possible only through the collaborative efforts of many agencies, organizations, and individuals who are dedicated to improving the health of the Nation's children. *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* was developed by representatives from the following agencies:



Food and Nutrition Service, USDA

Team Nutrition
Child Nutrition Division
3101 Park Center Drive, 6th Floor
Alexandria, VA 22302
<http://www.teamnutrition.usda.gov>



Centers for Disease Control and Prevention, HHS

Division of Nutrition, Physical Activity and
Obesity
National Center for Chronic Disease Prevention
and Health Promotion
4770 Buford Highway, NE
Atlanta, GA 30341
<http://www.cdc.gov/nccdphp/dnpao/>



Administration for Children & Families, HHS

Office of Head Start
1250 Maryland Ave, SW, 8th Floor
Washington, DC 20024
<http://eclkc.ohs.acf.hhs.gov/hslc>

Office of Child Care
370 L'Enfant Promenade, SW, 5th Floor East
Washington, DC 20024
<http://www.acf.hhs.gov/programs/occ/>



**Health Resources and Services
Administration, HHS**

Maternal and Child Health Bureau
5600 Fishers Lane, 10-64
Rockville, MD 20857
<http://www.hrsa.gov/>



Acknowledgements

USDA and HHS acknowledge the collaboration between members of the CACFP Technical Assistance Interagency Workgroup whose work formed the basis for this edition of this handbook.

CACFP Technical Assistance Interagency Workgroup Members:

USDA Food and Nutrition Service Project Leader: Erika Pijai, MS, RD

USDA Food and Nutrition Service

Sonya Barnes, MS, RD
Julie Brewer, MPA
Eileen Ferruggiaro, RD, PhD
Julie Fort, MPH, RD
Ebony James, MS, RD
Tina Namian, JD, MSW
Marie Patti, MBA, RD, LD, SNS
Kiev Randall, MS, RD

HHS Centers for Disease Control and Prevention

Jacqueline N. Epping, M.Ed
Caree J. Jackson, PhD, RD, LD
Holly Wethington, PhD
Barbara Polhamus, PhD, MPH, RD
Meredith Reynolds, PhD

HHS Administration for Children & Families

Moniquin Huggins
Omair Shamim, MD
Kam Sripada, EdM
Lindsey Walker

HHS Health Resources and Services Administration

Barbara Hamilton, MA

The Departments would like to acknowledge the important role of the staff from State agencies, sponsoring organizations, and USDA National and Regional Offices that provided input and comments throughout this process. They also gratefully acknowledge the invaluable contributions of a wide variety of stakeholders committed to supporting children's health and optimal development.

This publication may be viewed and downloaded from the Internet at

<http://www.teamnutrition.usda.gov/library.html>

